



VOICE OF THE RESIDENTS

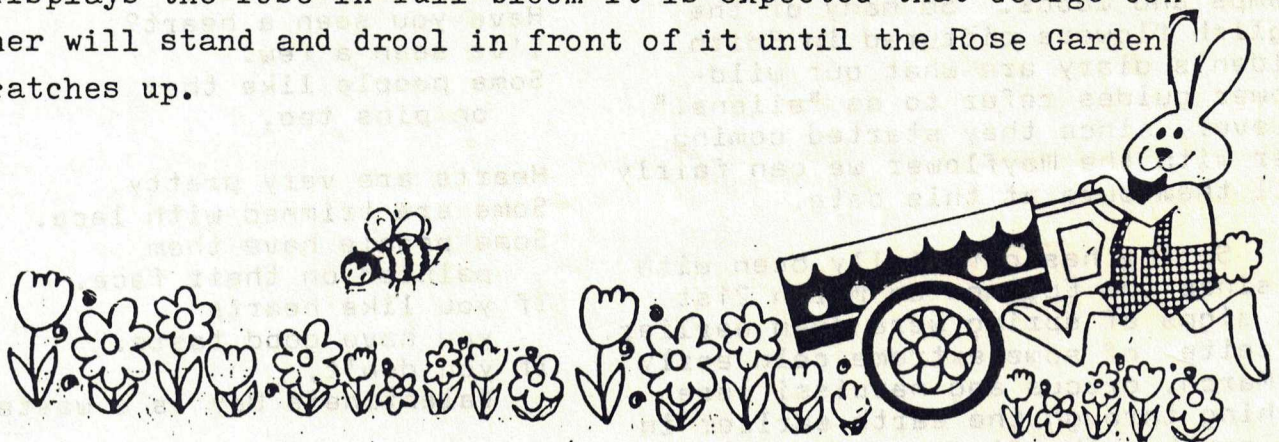
Vol. VII, No. 7

Cockeysville, Md.

April 1986

Happy Easter

The VOICE for April is just in time for our Staff to wish all Residents a very HAPPY EASTER. The Showcase is newly decorated with Spring flowers in full bloom. There are vases, small trees, flowers in the backs of rabbits and swans and even a plate picturing a rose named "Double Delight". Since the plate displays the rose in full bloom it is expected that George Conner will stand and drool in front of it until the Rose Garden catches up.



"TERRY" LEAVES

For this issue the VOICE had planned a front page article to tell you about Broadmead's newest Nurse Practitioner, "Terry" (Theresa) Altimont. Unfortunately, just as we were ready to print, she had resigned as of March 28th. We can say that she had a most interesting background and it is too bad that most of us had no chance to know her better.

Her experience was in areas quite removed from Broadmead. She did volunteer health care service on the Caribbean island of St. Lucia and in the out-patient clinic of a New York City hospital near Chinatown where she dealt mostly with Chinese and Hispanics.

APRIL

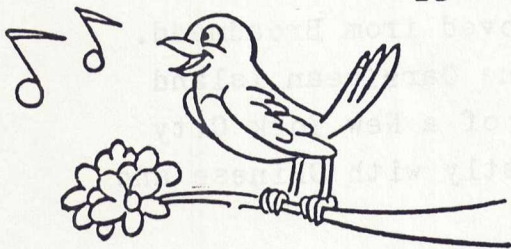
"The name of the month is derived from the Greek word for 'opening'. In many countries of Europe the first of April has for long been appropriated to a facetious custom for which no satisfactory origin has yet been assigned. To send an ignorant or unsuspecting person on a bootless errand is the great endeavor of the day. In England such an one is designated 'April fool', in Scotland he is said to be 'hunting the gowk', while in France he is called 'poisson d'Avril' or April fish."

The above quotation was taken from The Country Diary of an Edwardian Lady by Edith Holden, a fascinating book. It is amazing how many flowers are pictured in it which we can recognize in our own meadows, swamps and woods. So many of the English flowers pictured in Edith Holden's diary are what our wild-flower guides refer to as "aliens." However, since they started coming over with the Mayflower we can fairly call them ours at this date.

Spring has officially been with us since the Equinox on March 21st but signs of spring were even earlier. In spite of some extreme cold early in March, crocus and narcissi were pushing through the earth earlier in the month. The first bluebird was noted on February 25 and the spring peepers were heard on March 11th.

The VOICE is made ready for printing around the middle of the month so we cannot at this writing tell you if March went out like a lamb - but some of its earlier days were more reminiscent of a polar bear than a lion.

1b

*"Buddies"*

Most of us have read, or heard about, the death of Dr. Freeman who was locked in a closet for about a week by looters who ransacked her house. This is an instance of the value of the "Buddy System" which apparently did not exist for her. With a daily call or check she would not have been left to die.

*Grandpa's Valentine*HEARTS

Big hearts, little hearts
And some the same size.
Some are red and some
can win a prize.
Have you seen a heart?
I've seen a few.
Some people like them
on pins too.

Hearts are very pretty.
Some are trimmed with lace.
Some people have them
painted on their face.
If you like hearts
you have good taste.
If you don't,
Valentine's Day is a waste.

Jennifer Phillips (aged 8)
(Denny Phillips' grand-daughter)

CHANGES

HALPERT, Priscilla

Hallowell to T- 313

STEUART, Lucille (Mrs. Gordon)

From H-3 to C-10

New Arrivals

Armacost, Joshua and Pauline

M-1 666-0775

(Details next month)

A Feast Of Facts

3

Many of us watch our waist-lines but unfortunately what we see is usually expansion rather than contraction. We know that we are nourished and fed well but we have little knowledge as to how much we consume and what it costs. An answer to these queries was given at the "Food Service Forum" on February 26, 1986. Fortunately we had all eaten or there might have been a second stampede to the Dining Room. Doug Bareis, Director of Food Service, dished out some statistics on consumption and budget that satisfied our hunger and thirst for information almost to the point of satiety.

Did you know that if all the dinners for a year in the Dining Room were served all at once and the plates laid edge to edge there would be a line of china 13.2 miles long? Doug didn't put it that way but he said that our servers bring out 210,000 meals a year or an average of 580 per day (plus 100 staff lunches in the Coffee Shop). Of this number the Main Dining Room caters to 230 persons for dinner and 50 more for lunch. There are usually 70 breakfasts, lunches and dinners served on Hallowell. Of the Hallowell meals there are an average of 10 to 20 served on trays; and lately some 10 to 18 dinners have been delivered to the Clusters for the homebound.

The little "clicks" made by the Hostess indicate that from 230 to 260 people eat dinner in the Dining Hall with the busiest day usually being Sunday. The fewest number come to dinner on Wednesday because the attendance at the buffets ranges from 120 to 150 eager to help themselves.

Should you count you would find that the Dining Room has 65 tables which can seat 265 Resi-

dents but if 230 are already eating latecomers are asked to wait in the Lounge while tables are being cleared and reset. Each server is assigned a "station" of 4 or 5 tables with 18 to 22 diners so sometimes diners have to swallow their eagerness and dish out polite table talk while the servers do their best to help everyone at once.

To prepare all the needed provender Food Service has about 90 full-time and part-time employees hired by Broadmead and three managers who are paid by Marriott. Every day of the year some of these people start work at 6 A.M. and others work as late as 8:30 P.M. seven days a week.

Doug added that the cost of "raw food" averages \$1.70 per meal to which must be added the time, labor and energy to prepare and serve it. Not many restaurants can boast of passing State and County health and sanitary inspections with grades of 99%. Why only 99%? Whoever heard of an Inspector grading 100%? He would be accused by his boss of not looking hard enough!!

The Food Service budget is about \$1,050,000 per year. This mouthful represents 17% of our total monthly fees. After trying to digest all this if you are still avid for more provender Doug will have to have a feast of left-overs for us to ingest.

1b

The Mid-Atlantic Lifetime Care Conference will be held at Broadmead on Friday, April 18.

TALENT

Computer science, nursing, ballet, business administration - what connection do these have with Broadmead? Answer: members of our staff are engaged in these studies and many more. A quick look at the activities of the young folks who serve us here at Broadmead reveals that these are people who are on the move, ready to grasp every opportunity to extend and enrich their work experience.

Kristen Conley, a member of our Food Service team started ballet lessons at the age of eight. She has participated in a summer program in Boston, has performed with the Baltimore Ballet, and was selected from a large number of applicants to perform this summer with the Pennsylvania Ballet.

Another member of our staff, Jennifer Dame, is also developing her musical ability. She is a dedicated flutist who, on occasion, plays with the Baltimore Symphony Orchestra, has given recitals, and has studied the flute for seven years at the Peabody.

It is well known that travel is a broadening experience, especially when merced with a work-study program in a foreign country. Traci Koutz is the ambitious young woman who was able to take advantage of this great opportunity by joining the "Teen Mission Program." One of the requirements for membership was that each participant was to raise \$3,000 to cover the expense of the trip. Traci, in a relatively short time, was successful in getting enough sponsors to produce the required amount of money. Israel was the destination and for three months Traci and her team performed the tasks they had been trained to do. Preparing the fields for planting, building fences, painting and carpentering were just a few of the useful jobs they did. What an ex-

perience for Traci, and what good fortune for us that Traci had this rewarding encounter with another culture.

For Steve Peddicord a course in computer science is exactly his cup of tea. With proven ability in math the course work is not as hard for Steve as it might be for others. However, for each hour spent in class, four hours of study and preparation are needed outside of the classroom. Steve doesn't mind the heavy schedule because he knows that some day he will reach his goal - to become a systems analyst.

If you accompanied Steve Rowe for a day, it would go something like this: 5 A.M. to 8 A.M. - food preparer in a restaurant; 8:30 A.M. to 4:30 P.M. - graphic arts designer; 4:30 P.M. to 8:30 P.M. - utility worker at Broadmead.

It has been said that Leslie Glass, Medical Assistant in OPD, can get blood out of a turnip. This came from one whose veins refuse to give up that vital fluid - that is, until Leslie came along. So it seems as if Leslie is sort of a "natural" when it comes to health concerns. Not satisfied with her demonstrated skill, she is still forging on to acquire an A.A. degree which will be a stepping stone to the med tech program which she aspires to enter at the completion of her present courses.

We cannot fail to be impressed by the fact that the young people who work here at Broadmead carry demanding schedules. When asked how they feel about this, there is a unanimous, "We like Broadmead. It's worth it all to work here." When we, the Residents, boast of having top quality employees, we know whereof we speak.

Elizabeth Gilpin

High Tea

Sunday, April 16th 4 to 5:30

The Sunday afternoon High Teas were started several years ago as a friendly and festive way to provide contact between Residents of Taylor and Hallowell and the Cluster Residents. A social gathering with light refreshments offered such an opportunity for what almost constituted two groups to meet each other. Many Residents, with the cooperation of Food Service, served hot finger foods, sandwiches, deviled eggs, cheeses, cookies, and tea at the last party on March 9.

The last High Tea of the year will be held on Sunday, April 6, from 4 to 5:30. For this occasion the Joint Chairmen are Mildred Williams and Ginny Pearce. They, with the help of all the others who prepare food, will bring down wheelchair patients and will see that no one is lacking refreshment. You can help just by attending and bringing the Clusters closer to those bound to the Center.

June Kerr

BARN SALE SPRING EVENT

Wednesday, April 9

Lower Lounge

9:30 A.M. - 2:30 P.M.

PLEASE COME

We will look for you.
Your Barn Sale Committee

DEADLINE FOR MAY

April 16th

Hi Mudder

A friend of Augusta Shackford who has just moved into a new retirement community in North Carolina writes the following:

"I would judge that moving into an incomplete retirement community is quite a different experience from joining one already in operation. Our dining hall is not finished -- and with it all the craft and other type areas. Plus no swimming pool yet.

"Some people are surrounded by red clay mud and others are living temporarily in villas while they wait for the apartments to be finished. All this results in some unhappiness, particularly when they postpone the apartments another month!

"Those of us who are here now feel somewhat like pioneers and I'm sure will bore the later comers with our tales of the dreadful things that went wrong at the beginning! For one thing, they are about to replace part of the heating unit in all the villas -- and that's 45! Needless to say, for the next phase of building there will be a different contractor.

"Since we don't have a central gathering place yet there hasn't been too much of a chance to get acquainted -- except at residents' meetings and at a rather peculiar Valentine party."

GARDENING NOTE

Those interested in garden space in the meadow should see Bulletin Board for later detail.

For the first time since its inception, the Broadmead Residents Association Fund (BRAf) is being asked to draw substantially upon its resources.

The first use of the fund, designed to help residents who are in financial difficulties, will occur this spring.

This is a reminder to residents of Broadmead of the continuing need for contributions to build up the fund, especially now that need for withdrawals is starting.

As of this month, the funds on hand totalled \$129,598. Gifts to the fund in 1985 totalled \$26,017.

BRAf was created by the Residents and Trustees in the early years of Broadmead as a way to help residents who, as they age, may be unable to meet their financial requirements to Broadmead because of inflation, reduced income, or unpredictable reverses.

BRAf is funded solely through gifts. The modest size of the fund and the first application for substantial assistance underscores the importance of continuing contributions as cash gifts, memorials, or gifts in the form of securities, life insurance, etc.

Contributions should be made to the Administration with checks marked "For BRAf."

Decisions to provide financial help through BRAf are made this way:

--Applications for financial help should be made to the Executive Director who, after a study of the problem, submits a recommendation (without name) to the BRAf Board of Directors, composed of three Broadmead residents and two trustees.

--The BRAf Board is solely responsible for approval or disapproval of applications for aid and is charged with keeping all applications and actions thereon confidential.

Any resident who believes such assistance may be needed should discuss the problem with the Executive Director.

Final figures for 284 contributions in 1985 totalling \$26,017 are now available. The breakdown:

<u>Amounts</u>	<u>Gifts</u>	<u>Total</u>
\$3,000	1	\$3,437
\$2,000	1	\$2,000
\$1,000	8	\$8,000
\$500	8	\$4,000
\$125-\$400	6	\$1,475
\$100	25	\$2,500
\$30-\$80	32	\$1,605
\$25 or less	203	\$3,437

BRAf Fund Committee



Happy Holidays

7

The Food Service Department under the direction of Doug Bareis does more than try to please our palates and keep us happy and healthy.

It seems that the food staff often spends extra time and effort to please our eyes. We've had four examples of their caring in the recent past. How about all of the decorations and costumes for Southwest Day? I hope you visited both the dining room and coffee shop on Mardi Gras Day. What colorful sights as we entered the rooms! And didn't our delightful servers have a "with it" look?

No sooner had the above mentioned special days passed when the decorating began anew. Valentine's Day decorations appeared to remind us that "Love" is everywhere. The dining tables and the menus were unusually attractive with hearts and flowers on the pink pastel menus and such appropriate dishes as "Love Potion #9", "Cupid Cottage Cheese", "Baked Heart and Soul Almondine" and "Emotionally Mixed Up Veggies".

Did you ever wonder whose shoulders Doug stood on to reach the rafters and hang balloons or to drape crepe paper streamers over the rafters? Stop speculating! The rolls of paper are thrown over the beams with a good infielder on the other side to catch them. No errors permitted as the tables are already set with cups and glasses and an errant roll would upset at least one table setting.

Whenever we are decorated on the main level you can be sure that the Hallowell Hall dining room as well as other areas are also getting their share of attention. Go up and pay a visit sometime and see for yourself.

Food Service went all out for St. Patrick's Day. As usual the servers were appropriately dressed for the occasion. As Jack Yerger says, "We don't tell them what to wear - we just remind them of the occasion." There was no lack of ingenuity or imagination to be noted.

While some of the dishes served at dinner seemed vaguely familiar, the items on the menu all seemed appropriate to the day. To name a few, there were "Shamrock Jellied Seafoam Salad", "Casey's Corned Beef", "O'Grady's Lamb Stew", "Shillelagh Mirced Meat Pie" and "Irish Soda Bread". Unfortunately no one could find a green cow that gave chocolate milk.

Thank you Doug, "kids" and all the staff members for your thoughtfulness, imagination and extra effort on our behalf!

Vivian I. Cord

Health Lectures

The Residents Health Care Committee is planning to resume the very popular Health Care Forums. Residents have been asked to indicate topics of interest from a rather comprehensive list with the opportunity to suggest others that the HCC may have overlooked.

The first health lectures were given over a period of three years but many of us who participated are older now and may have a different perspective. Besides, there are a number of newer Residents who did not have the opportunity to hear the original discussions. Further, there have been changes in the Health Care system and we all need to be brought up to date.

St. James

There was an administrative audit early this year to ascertain whether all Residents who wished them actually had valid Living Wills on file in Broadmead's Health Care Department. The following tells the story:

- 232 Residents have valid Living Wills on file
- 18 Residents had declined the opportunity to file
- 125 Residents, approximately, were "undecided", "intended to file" or were no longer competent to do so.

In the future, new Residents, following their entry to Broadmead, will be informed about the provisions of the recently passed statute either by the Secretary of Admissions, their Cluster Representative, the Committee on Life-Sustaining Procedures or, on the occasion of their comprehensive physical examinations, by the Health Care Staff.

A number of persons on our "Futures List" request copies of the Broadmead guidelines and declaration following each article in the VOICE and, of course, all relevant materials are made available to them.

The Maryland Hospital Association distributed excellent guidelines to their member hospitals in Maryland on how to respond, within the dictates of the statute, to patients' Living Will Declarations. (We were pleased to note that the task force that had prepared these guidelines included Semmes, Bowen and Semmes, the legal firm that represents Broadmead, among their technical advisors.)

If you have any questions about Living Wills, please do not hesitate to call me (628-7215) or any member of the Committee on Life-Sustaining Procedures.

Mildred B. Beck

Go north on York Road. Turn right in Hereford onto Monkton Road. Stay on Monkton Road through Monkton where you will cross the old railroad tracks. The road forks shortly after Monkton so keep to the right past the old brick mill and after a bit St. James' Episcopal Church will be on a knoll to your left. If you go too far you will come to Manor Tavern where you can make a brief stop at the bar and then turn back.

St. James has had a long history having begun as a Chapel of Ease in the Parish of St. John's in Joppa. The Chapel was completed in 1755 and it is now the transept of St. James. An addition to the Chapel was completed in 1761 and now serves as the present nave and in 1777 St. James became an independent parish.

St. James was used as an arsenal during the Revolutionary War as Joppa was considered too accessible to enemy shipping. The two rows of stones in the graveyard on the east side of the church are believed to mark the graves of Revolutionary War soldiers. The church was remodeled and improved in 1848, in 1871 and again in 1884. A Parish House was built in 1904 and in 1905 an apse for the altar was built as the old north wall was beginning to weaken and this offered an opportunity to strengthen it. The Church was struck by lightning on June 2, 1941, burning the roof and rafters of the tower, the main door and melting the memorial windows. The church bell had to be recast and ended up 300 pounds lighter.

Con't. P-9

PROGRAMS

9

(In the Auditorium, unless otherwise noted)

TUESDAY, APRIL 1 - 9:30 - Discussion Group: "Competing Ideologies Our Relations with Russia and the Satellite Countries of Eastern Europe" - Chalmers Roberts of the Washington Post

SATURDAY, APRIL 5 - 7:15 - "Then and Now" - talk by Kenneth Walker

SUNDAY, APRIL 6 - 4 to 5:30 - High Tea in the Lounge

WEDNESDAY, APRIL 9 - 9:30 to 2:30 - Barn Sale on the Lower Level

SUNDAY, APRIL 13 - 2:15 - Sing-along and Piano Music, by Glenn Burch and Marion Smith, in the Lounge

MONDAY, APRIL 14 - 10:30 - Fireside Chat

TUESDAY, APRIL 15 - 9:30 - Discussion Group: "National Security and the Complexities of Eastern Asia" by Marshall Green, retired U.S. Ambassador

WEDNESDAY, APRIL 16 - 10:30 - Sew-and-So Group: "The Hebrew Epic" Part 2, (tape) by Kathaleen Kennedy in the Sewing Room

SATURDAY, APRIL 19 - 7:15 - "Gardens of the Gods" - slide-talk by Christopher McIntosh

SUNDAY, APRIL 20 - 2:15 - Concert by Elizabeth Gottling, cellist, in the Lounge

MONDAY, APRIL 21 - 7:00 - Trustees' Welcome Coffee, in the Lounge

SATURDAY, APRIL 26 - 7:15 - "Malta" - slide-talk by Claire Walker

MONDAY, APRIL 28 - 7:00 - Meeting of Directors of Residents Association

TUESDAY, APRIL 29 - 9:30 - Discussion Group: "Soviet-American Competition for Influence in the Third World" by Claire Walker

WEDNESDAY, APRIL 30 - 10:30 - Sew-and-So Group: "Requirements for an Effective Foreign Policy" by Charles Baldwin, in the Sewing Room



ST. JAMES

The Bi-Centennial church renovation project began in August 1948: a new organ was added, a hot-water radiant heating system was installed, the building re-roofed and the ceiling was insulated. The exterior walls were painted yellow but this was later sand-blasted off to show the beautiful old brick again.

(From: "A History of St. James' Episcopal Church" by Anne Pearce and J.H. Cockey)

Many of those who lived in this area have been to the church on Thanksgiving Day to watch the blessing of the hounds and to see the Hunt take off across the fields.

PROGRAM NOTES

Kenneth Walker, retired Professor of History, Goucher College, will talk on the changes our generation has lived through. (4/5)

Gardens are not always just beautiful plants in lovely settings. Some are designed to reflect religious or philosophical ideas. Christopher McIntosh has studied the symbolism of gardens and will tell about it, accompanied with slides. (4/19)

Elizabeth Gottling, who is studying the cello at the Peabody Institute, is the grand-daughter of Resident Ruth Gottling. (4/20)

Claire and Kenneth Walker have recently returned from a two-month stay in Malta. Claire will tell about, and show slides of, this tiny island strategically situated in the middle of the Mediterranean Sea. (4/26)

Dorothy Graham

When the Almshouse closed in 1958 it had 57 patients who were transferred to other facilities. Small rooms held four patients and large ones held ten.

Did Loch Raven gets its name from the ravens which nested there or from a Luke Raven who owned land in the vicinity?

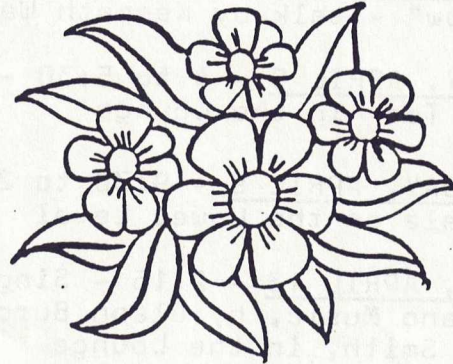
In 1881 taxes in this area were 55¢ per \$100 assessed value of property for county purposes and 18 3/4¢ for the state.

In Memoriam

MARIA KENT HINZE

Nov. 16, 1900

March 18, 1986



VOICE OF THE RESIDENTS

Published by and for
the Residents Assn. of Broadmead
Winifred Kinn, President

EDITORIAL

G. James Fleming, Founding
Editor
Leopold Bridge, Editor
Dorothy Graham) Asst.
Helen-Mary Overstreet) Editors
Nancy Rowe, Nature Editor
Margaret Bouchelle
Vivian I. Cord
Helen Criley
Elizabeth Gilpin
Kathaleen V. Kennedy
Draze Kline

PRODUCTION AND CIRCULATION

Franc Beck
Betsy Griffin
Esther Mahan
David McIntyre
Elizabeth Mercer
Cy Murphy
Margaret Tylor
Mildred Tyson, Treasurer

Mailing Address: Broadmead D-3
13801 York Rd., Cockeysville, Md.
21030